CE103V

Microwave Oven

Owner's Instructions & Cooking Guide

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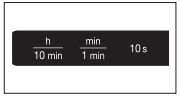
"QUICK" LOOK-UP GUIDE

I want to cook some food.

1. Place the food in the oven.
Press the **Microwave** (🍲) button.

2. Press the **Microwave** (🍲) button until the appropriate power level is displayed.

3. Select the cooking time by pressing the **10 min** , **1 min** and **10 s** buttons as required.



4. Press **Start** (◈) button.

Result: Cooking starts.

- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.

I want to add an extra 30 seconds
Leave the food in the oven.
Press **+30 s** button one or more times for each extra 30 seconds that you wish to add.

I want to Power defrost some food

1. Place the frozen food in the oven.
Press the **Power Defrost** (❄) button.

2. Select the food category by pressing the **Power Defrost** (❄) button, until the desired food category is selected.

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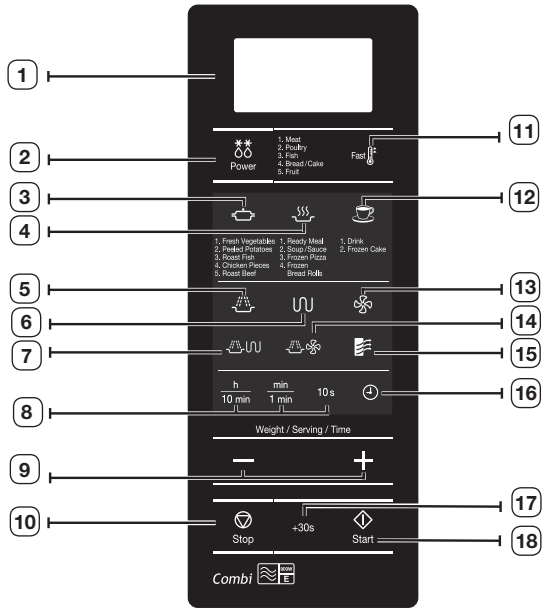
3. Select the weight by pressing the (+) and (–) buttons as required.

4. Press **Start** (◇) button.

Result: Defrosting starts.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

CONTROL PANEL



1. DISPLAY
2. POWER DEFROST FEATURE BUTTON
3. AUTO COOK FEATURE BUTTON
4. AUTO REHEAT FEATURE BUTTON
5. MICROWAVE BUTTON
6. GRILL BUTTON
7. MICROWAVE+GRILL BUTTON
8. TIME SETTING BUTTON
9. UP (+)/DOWN (–) BUTTON (Cook time, Weight and serving size)
10. STOP/CANCEL BUTTON
11. FAST PREHEAT BUTTON
12. CAFETARIA BUTTON
13. CONVECTION BUTTON
14. MICROWAVE +CONVECTION BUTTON
15. DEODORIZE BUTTON
16. CLOCK SETTING BUTTON
17. +30 s BUTTON
18. START BUTTON

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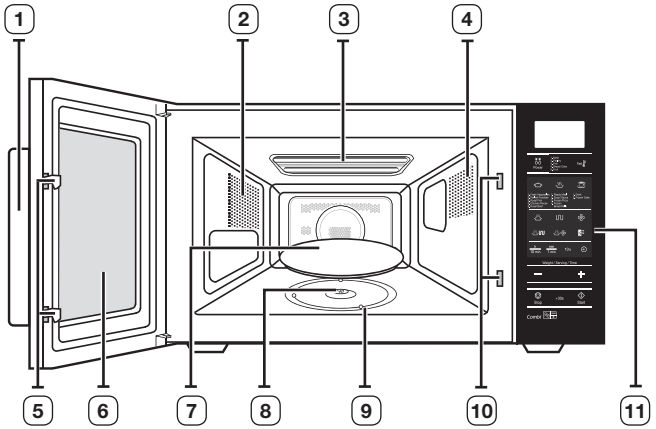
OVEN



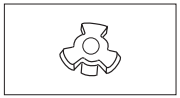
1. DOOR HANDLE
2. VENTILATION HOLES
3. HEATING ELEMENT
4. VENTILATION HOLES
5. DOOR LATCHES
6. DOOR
7. TURNTABLE
8. COUPLER
9. ROLLER RING
10. SAFETY INTERLOCK HOLES
11. CONTROL PANEL

ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

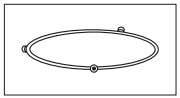
1. **Coupler**, to be placed correctly over the motor shaft in the base of the oven.

   Purpose: The coupler rotates the turntable.



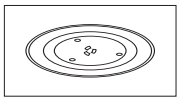
2. **Roller ring**, to be placed in the center of the oven.

   Purpose: The roller ring supports the turntable.



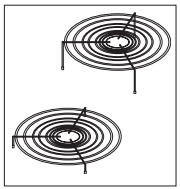
3. **Turntable**, to be placed on the roller ring with the center fitting on to the coupler.

   Purpose: The turntable serves as the main cooking surface; it can be easily removed for cleaning.



4. **High rack, Low rack,** to be placed on the turntable.

   Purpose: The metal racks can be used to cook two dishes at the same time. A small dish may be placed on the turntable and a second dish on the rack. **The metal racks can be used in grill, convection and combination cooking.**



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USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contain valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

IMPORTANT SAFETY INFORMATION

IMPORTANT SAFETY INSTRUCTIONS.
READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.
Before using the oven, confirm that the following instructions are followed.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

LEGEND FOR SYMBOLS AND ICONS

WARNING — Hazards or unsafe practices that may result in **severe personal injury or death**.

CAUTION — Hazards or unsafe practices that may result in **minor personal injury or property damage**.

- Warning; Fire hazard
- Warning; Hot surface
- Warning; Electricity
- Warning; Explosive material
- Do NOT attempt.
- Follow directions explicitly.
- Do NOT disassemble.
- Unplug the power plug from the wall socket.
- Do NOT touch.
- Make sure the machine is grounded to prevent electric shock.
- Call the service center for help.
- Note
- Important

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

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(1) door (bent)
(2) door hinges (broken or loose)
(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

This product is a Group 2 Class B ISM equipment. The definition of group 2 which contains all ISM equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and EDM and arc welding equipment.
For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

IMPORTANT SAFETY INSTRUCTIONS

Make sure that these safety precautions are obeyed at all times.

⚠ WARNING				
Only qualified staff should be allowed to modify or repair the microwave oven.	✓	✓	✓	✓
Do not heat liquids and other food in sealed containers for microwave function.	✓	✓	✓	✓
For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓
Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
Do not touch the power plug with wet hands.	✓	✓	✓	✓
Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
Do not place the oven over a fragile object such as a sink or glass object. (Counter top model only.)	✓	✓		
Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓
Appliances are not intended to be operated by means of an external timer or separate remote-control system.	✓	✓		
Do not pour or directly spray water onto the oven.	✓	✓		
Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	
Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
Children should be supervised to ensure that they do not play with the appliance	✓	✓	✓	✓
The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.	✓	✓	✓	✓
Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓

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The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet. (Counter top model only.)	✓	✓	✓	✓
WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.	✓	✓	✓	✓
WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.	✓	✓	✓	✓
This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.	✓	✓	✓	✓
WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.	✓	✓	✓	✓
WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.	✓	✓	✓	✓
WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.	✓	✓	✓	
WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.	✓		✓	✓
WARNING: Accessible parts may become hot during use. To avoid burns young children should be kept away.	✓		✓	
WARNING: Microwave heating of beverages can result in delayed eruptive boiling,therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓
During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.	✓		✓	✓

WARNING: The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns;			✓	
The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.	✓	✓	✓	✓
This oven should be positioned proper direction and height permitting easy access to cavity and control area.	✓	✓	✓	✓
Before using the your oven first time, oven should be operated with the water during 10 minute and then used.	✓	✓	✓	✓
This microwave oven has to be positioned so that plug is accessible. If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.	✓	✓	✓	✓
during cleaning conditions the surfaces may get hotter than usual and children should be kept away. (Cleaning function model only.)		✓	✓	
Excess spillage must be removed before cleaning and utensils which state in cleaning manual can be left in the oven during cleaning. (Cleaning function model only.)	✓	✓	✓	✓
Appliance should allow to disconnection of the appliance from the supply after installation. The disconnection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules. (Built-in model only.)	✓	✓	✓	✓
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.		✓		
WARNING: When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.		✓		
The temperature of accessible surfaces may be high when the appliance is operating.		✓		
The door or the outer surface may get hot when the appliance is operating.		✓		

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⚠ CAUTION				
Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition;	✓		✓	
Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames;	✓		✓	✓
The oven should be cleaned regularly and any food deposits removed;	✓	✓		✓
Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	
Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	
Do not touch heating elements or interior oven walls until the oven has cooled down.			✓	
Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.	✓			✓
Install the oven in compliance with the clearances stated in this manual. (See installing your microwave oven.)	✓		✓	
Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

CORRECT DISPOSAL OF THIS PRODUCT (WASTE ELECTRICAL & ELECTRONIC EQUIPMENT)

(Applicable in the European Union and other European countries with separate collection systems)

This marking on the product, accessories or literature indicates that the product and its electronic accessories (e.g. charger, headset, USB cable) should not be disposed of with other household waste at the end of their working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate these items from other types of waste and recycle them responsibly to promote the sustainable reuse of material resources.
Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take these items for environmentally safe recycling.
Business users should contact their supplier and check the terms and conditions of the purchase contract. This product and its electronic accessories should not be mixed with other commercial wastes for disposal.

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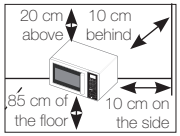
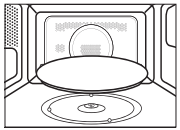
INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safely bear the weight of the oven.

1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.



2. Remove all packing materials inside the oven.
   Install the roller ring and turntable.
   Check that the turntable rotates freely.



3. This microwave oven has to be positioned so that plug is accessible.

If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.
For your personal safety, plug the cable into a 3-pin, 230 Volt, 50 Hz, AC earthed socket. If the power cable of this appliance is damaged, it must be replaced by a special cable.

Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

SETTING THE TIME

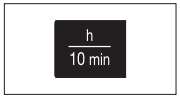
Your microwave oven has an inbuilt clock. When power is supplied, ":0", "88:88" or "12:00" is automatically displayed on the display.
Please set the current time. The time can be displayed in either the 24- hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

Do not forget to reset the clock when you switch to and from summer and winter time.

1. | **To display the time in the...** | **Then press the Clock button...** |
   |---|---|
   | 24-hour notation | Once |
   | 12-hour notation | Twice |

2. Press the (h / 10 min) button to set the hour.



3. Press the (min / 1 min) button to set the minute.

4. When the right time is displayed, press the **Clock** button to start the clock.

Result: The time is displayed whenever you are not using the microwave oven.

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CHECKING THAT YOUR OVEN IS OPERATING CORRECTLY

The following simple procedure enables you to check that your oven is working correctly at all times. If you are in doubt, refer to the section entitled “What to Do if You are in Doubt or Have a Problem” on the page.

The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum (100% - 900 W) is used, the water takes longer to boil.

Open the oven door by pulling the handle on the right side of the door. Place a glass of water on the turntable. Close the door.

Press the **Start** (◊) button and set the time to 4 or 5 minutes, by pressing the **Start** (◊) button the appropriate number of times.

Result: The oven heats the water for 4 or 5 minutes.
The water should then be boiling.

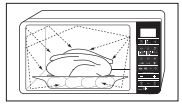
HOW A MICROWAVE OVEN WORKS

Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.
You can use your microwave oven to:

- Defrost
- Reheat
- Cook

Cooking Principle

1. The microwaves generated by the magnetron reflected at cavity and are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.



2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.

3. Cooking times vary according to the container used and the properties of the food:
   - Quantity and density
   - Water content
   - Initial temperature (refrigerated or not)

As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre
- The same temperature throughout the food

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WHAT TO DO IF YOU ARE IN DOUBT OR HAVE A PROBLEM

Becoming familiar with a new appliance always takes a little time. If you have any of the problems listed below, try the solutions given. They may save you the time and inconvenience of an unnecessary service call.

The following are normal occurrences.

- Condensation inside the oven
- Air flow around the door and outer casing
- Light reflection around the door and outer casing
- Steam escaping from around the door or vents

The food is not cooked at all

- Have you set the timer correctly and pressed the **Start** (◊) button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered.

The food is either overcooked or undercooked

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

Sparking and cracking occur inside the oven (arcing)

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminum foil too close to the inside walls?

The oven causes interference with radios or televisions

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal.
  - Solution: install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset.
  - Solution: Disconnect the power plug and reconnect it. Reset the time.

"E - 24" message indicates

- The "E - 24" message is automatically activated prior to the microwave oven overheating. Should the "E - 24" message be activated, then depress the "Stop/Cancel" key to utilize the initialization mode.

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.
Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

COOKING/REHEATING

The following procedure explains how to cook or reheat food.

ALWAYS check your cooking settings before leaving the oven unattended.

Open the door. Place the food in the centre of the turntable. Close the door. Never switch the microwave oven on when it is empty.

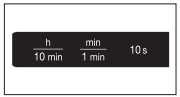
1. Press the **Microwave** (≋) button.

Result: The following indications are displayed: ≋ (microwave mode)

2. Select the appropriate power level by pressing the **Microwave** (≋) button again until the corresponding output power is displayed. Refer to the power level table on next page for further details.

3. Set the cooking time by pressing the **10 min** , **1 min** and **10 s** buttons.

Result: The cooking time is displayed.



4. Press the **Start** (◊) button.

Result: The oven light comes on and the turntable starts rotating. Cooking starts and when it has finished:

- The oven beep and flash "0" four times. The oven will then beep one time per minute.

If you would like to know the current Power Level of the oven cavity, press **Microwave** (≋) button once. If you would like to change the power level during cooking, press the **Microwave** (≋) button twice or more times to select the desired power level.

Quick Start:

If you wish to heat a dish for a short period of time at maximum power (900 W), you can also simply press the **Start** (◊) button once for each 30 seconds of cooking time. The oven starts immediately.

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POWER LEVELS AND TIME VARIATIONS

The power level function enables you to adapt the amount of energy dissipated and thus the time required to cook or reheat your food, according to its type and quantity. You can choose between six power levels.

Power level	Percentage	Output
HIGH	100 %	900 W
MEDIUM HIGH	67 %	600 W
MEDIUM	50 %	450 W
MEDIUM LOW	33 %	300 W
DEFROST	20 %	180 W
LOW	11 %	100 W

The cooking times given in recipes and in this booklet correspond to the specific power level indicated.

If you select a...	Then the cooking time must be...
Higher power level Lower power level	Decreased Increased

STOPPING THE COOKING

You can stop cooking at any time so that you can:

- Check the food
- Turn the food over or stir it
- Leave it to stand

To stop the cooking...	Then...
Temporarily	Open the door. **Result:** Cooking stops. To resume cooking, close the door again and press the **Start** (◇) button.
Completely	Press the **Stop** (▽) button. **Result:** Cooking stops. If you wish to cancel the cooking settings, press the **Stop** (▽) button again.

ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the +30 s button once for each 30 seconds to be added.

- Check how cooking is progressing at any time simply by opening the door.
- Increase the remaining cooking time.

To increase the cooking time of your food, press the **+30s** (+30s) button once for each 30 seconds that you wish to add.

- Example: To add three minutes, press the **+30s** (+30s) button six times.

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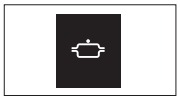
USING THE AUTO COOK FEATURE

The five Auto Cook (⌓) features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the size of the serving by pressing the (+) and (—) buttons.

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.

1. Press the **Auto Cook** (⌓) button.



2. Select the type of food that you are cooking by pressing the **Auto Cook** (⌓) button. Refer to the table on the following page for a description of the various preprogrammed settings.

3. Select the size of the serving by pressing the (+) and (—) buttons.

4. Press the **Start** (◈) button.

Result: The food is cooked according to the preprogrammed setting selected.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute

The following table presents the various Auto Cook Programmes, quantities, standing times and appropriate recommendations.
Programmes no 1 and 2 are running with microwave energy only.
Programmes no 3 and 4 are running with a combination of microwaves and grill.
Programme no 5 is running with a combination of microwaves and convection.

Code	Food	Serving Size	Standing Time	Recommendations
1.	**Fresh Vegetables**	200-250 g 300-350 g 400-450 g 500-550 g 600-650 g 700-750 g	2-3 min.	Weigh the vegetables after washing, cleaning and cutting into similar size. Put them into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 200-250 g, add 45 ml (3 tablespoons) for 300-450 g and add 60- 75 ml (4-5 tablespoons) for 500-750 g. Stir after cooking. When cooking higher quantities stir once during cooking.
2.	**Peeled Potatoes**	300-350 g 400-450 g 500-550 g 600-650 g 700-750 g	3 min.	Weigh the potatoes after peeling, washing and cutting into a similar size. Put them into a glass bowl with lid. Add 45 ml (3 tablespoons) water when cooking 300-450g, add 60ml (4 tablespoons) for cooking 500-750 g.
3.	**Roast Fish**	200-300 g (1 fish) 400-500 g (1-2 pcs) 600-700 g (2 pcs)	3 min.	Brush skin of whole fish with oil and add herbs and spices. Put fish side by side, head to tail on the high metal rack. Turn over, as soon as the beep sounds.

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Code	Food	Serving Size	Standing Time	Recommendations
4.	**Chicken Pieces**	200-300 g (1 pc) 400-500 g (2 pcs) 600-700 g (3 pcs)	3min.	Brush the chicken pieces with oil and spice them with pepper, salt and paprika. Put them in a circle on the high rack with the skin-side down. Turn over, as soon as the beep sounds.
5.	**Roast Beef / Roast Lamb**	900-1000 g 1200-1300 g 1400-1500 g	10-15min.	Brush the beef/ lamb with oil and spices (pepper only, salt should be added after roasting). Put it on the low rack with the fat-side down. Turn over, when the oven beeps. After roasting and during standing time it should be wrapped in aluminium foil.

USING THE AUTO REHEAT FEATURE

The four Auto Reheat (.sss.) features provide four pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the size of the serving by pressing the (+) and (—) buttons.

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.

1. Press the **Auto Reheat** (.sss.) button.

2. Select the type of food that you are cooking by pressing the **Auto Reheat** (.sss.) button. Refer to the table on the following page for a description of the various preprogrammed settings.

3. Select the size of the serving by pressing the (+) and (—) buttons.

4. Press the **Start** (◇) button.

Result: The food is cooked according to the preprogrammed setting selected.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

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The following table presents the various Auto Reheat & Cook Programmes, quantities, standing times and appropriate recommendations. Programmes no 1 and 2 are running with microwave energy only.
Programmes no 3 and 4 are running with a combination of microwaves and convection.

Code	Food	Serving Size	Standing Time	Recommendations
1.	**Ready Meal** (chilled)	300-350 g 400-450 g 500-550 g	3 min.	Put on a ceramic plate and cover with microwave cling film. This programme is suitable for meals consisting of 3 components (e.g. meat with sauce, vegetables and a side dish like potatoes, rice or pasta).
2.	**Soup/sauce** (chilled)	200-250 ml 300-350 ml 400-450 ml 500-550 ml 600-650 ml 700-750 ml	2-3 min.	Pour into a deep ceramic soup plate or bowl and cover with plastic lid during heating. Stir the soup, as soon as the oven beeps (oven keeps operating and is stopped, when you open the door). Stir carefully before and after standing time.
3.	**Frozen Pizza**	300-400 g 450-550g 600-700 g	-	Place one frozen pizza (-18 °C) on the low rack, place two frozen pizzas on the low and high rack.
4.	**Frozen Bread Rolls**	100-150 g (2 pcs) 200-250 g (4 pcs) 300-350 g (6 pcs) 400-450 g (8 pcs)	3-5 min.	Put 2 to 6 frozen bread rolls (-18°C) in a circle on the low rack. Put 8 frozen bread rolls equally on the low and high rack. This program is suitable for small frozen bakery products as bread rolls, ciabatta rolls and small baguettes.

USING THE POWER DEFROST FEATURE

The Power Defrost (❄) feature enables you to defrost meat, poultry, fish, bread, cake and fruit. The defrost time and power level are set automatically. You simply select the programme and the weight.

Use only containers that are microwave-safe.

Open the door. Place the frozen food on a ceramic in the centre of the turntable. Close the door.

1. Press the **Power Defrost** (❄) button.

2. Select the type of food that you are cooking by pressing the **Power Defrost** (❄) button. Refer to the table on the following page for a description of the various preprogrammed settings.

3. Select the food weight by pressing the (+) and (−) buttons.

4. Press **Start** (◈) button.

Result:

- Defrosting begins.
- The oven beeps through defrosting to remind you to turn the food over.

5. Press the **Start** (◈) again to finish defrosting.

Result: When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

You can also defrost food manually. To do so, select the microwave function with power level of 180 W. Refer to the section entitled “Defrosting” on page 30 for further details.

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The following table presents the various Power Defrost programmes, quantities, standing times and appropriate recommendations. Remove all kind of package material before defrosting. Place meat, poultry and fish on a flat glass plate or on a ceramic plate, arrange bread and cake on kitchen paper.

Code	Food	Serving size	Standing time	Recommendations
1.	**Meat**	200-2000 g	20-90 min.	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for beef, lamb, pork, steaks, chops, minced meat.
2.	**Poultry**	200-2000 g	20-90 min.	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions.
3.	**Fish**	200-2000 g	20-80 min.	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets.
4.	**Bread / Cake**	125-1000 g	10-60 min.	Put bread horizontally on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door). This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping.
5.	**Fruit**	100-600 g	5-20 min.	Spread fruits evenly into a flat glass dish. This programme is suitable for all kind of fruits.

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USING THE CAFETERIA FEATURE

With the Cafeteria (☕) feature, the cooking time is set automatically.
First, place the food in the centre of the turntable and close the door.

1. Press the **Cafeteria** (☕) button.

2. Select the type of food that you are cooking by pressing the **Cafeteria** (☕) button. Refer to the table on the following page for a description of the various preprogrammed settings.

3. Select the food weight by pressing the (+) and (−) buttons.

4. Press **Start** (◇) button.

Result: The food is cooked according to the preprogrammed setting selected.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

The following table presents Auto Programmes for Reheat of drinks and defrosting & warming frozen cake.
It contains its quantities, standing times and appropriate recommendations.
Programme no. 1 use the microwave only mode. Programme no. 2 uses a combination of microwaves and convection mode.

Code	Food	Serving Size	Standing Time	Recommendations
1.	**Drinks** (Coffee, milk, tea, water with room temperature)	150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	1-2 mins	Pour the liquid into ceramic cups and reheat uncovered. Place one cup in the centre, 2 cups opposite to each other and 3 or 4 cups in a circle. Leave them to stand in the microwave oven. Stir drinks before and after standing time. Be careful while taking the cups out (see safety instructions for liquids).
2.	**Frozen Cake**	200-300 g 400-500 g 600-700 g 800-900 g 1000-1100 g 1200-1300 g	5-25 mins	Put frozen cake in the middle, put frozen cake pieces in a circle on low rack. Set rack in the middle of oven on turntable. By the help of convection the cake will be warmed and crisp up. This programme is suitable for cake (round) and cake pieces, such as fruit cake with crumble topping, streusel cake or cake with poppy seeds. It is not suitable for cake with cream filling and cake with chocolate topping.

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MULTISTAGE COOKING

Your microwave oven can be programmed to cook food in up to three stages (the Convection, Microwave+Convection and Fast Preheat mode can not be used in Multistage cooking). Example: You wish to Power defrost food and cook it without having to reset the oven after each stage. You can thus defrost and cook a 1.8 kg chicken in three stages:

- Defrosting
- Microwave cooking for 30 minutes
- Grill for 15 minutes

Defrosting must be the first stage. Combination and Grill can only be used once during the remaining two stages. However microwave can be used twice (at two different power levels).

1. Press the **Power Defrost** (Power) button.

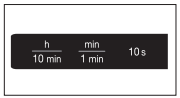
2. Select the type of food that you are cooking by pressing the **Power Defrost** (Power) button.

3. Set the weight by pressing the (+) and (−) buttons the appropriate number of times (1800 g in the example).

4. Press the **Microwave** (Microwave) button.

5. Set the microwave power level by pressing the **Microwave** (Microwave) button to select the appropriate Power Level (450 W in the example).

6. Set the cooking time by **10 min**, **1 min** and **10 s** buttons. (30 minutes in the example)



7. Press the **Grill** (Grill) button.

8. Pressing the **10 min**, **1 min** and **10 s** buttons appropriate number of times (15 minutes in the example).

9. Press **Start** (Start) button.

Result: Cooking starts:

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

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FAST PREHEATING THE OVEN

For convection cooking, it is recommended that you preheat the oven to the appropriate temperature before placing the food in the oven. When the oven reaches the requested temperature, it is maintained for approximately 10 minutes; it is then switched off automatically.
Check that the heating element is in the correct position for type of cooking that you require.

1. Press the **Fast Preheat** button.

Result: The following indications are displayed:
220 °C (temperature)

2. Press the **Fast Preheat** button one or more times to set the temperature.
(Temperature : 220, 200, 180, 160, 140, 100, 40 °C)

3. Press the **Start** (⏀) button.

Result: The oven is preheated to the requested temperature.

- The display times are 8 seconds for the selected cooking mode and 2 seconds for the preset temperature in sequence.
  Ex) In fast preheat mode at 200 °C

(displayed for 8 seconds)

(displayed for 2 seconds)

- Upon arrival at the preset temperature, the oven beeps 6 times and the temperature is kept for 10 minutes.
- After 10 minutes, the beeps 4 times and the operation stops.

In case the inner temperature has reached the preset temperature, the beeps 6 times when temperature and the preset temperature is kept for 10 minutes.

If you would like to know the current temperature of oven cavity, press **Fast Preheat** button.

COOKING BY CONVECTION

The convection mode enables you to cook food in the same way as in a traditional oven. The microwave mode is not used. You can set the temperature, as required, in a range varying from 40 °C to 220 °C in eight preset levels. The maximum cooking time is 60 minutes.

If you wish to Fast Preheat the oven, see page 23.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and browning, if you use the low rack.

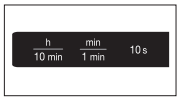
Check that the heating element is in the horizontal position and that the turntable is in position. Open the door and place the recipient on the low rack and set on turntable.

1. Press the **Convection** ( ) button.

Result: The following indications are displayed:
(convection mode)
220 °C (temperature)

2. Press the **Convection** ( ) button once or more times to set the temperature.
(Temperature : 220, 200, 180, 160, 140, 100, 40 °C)

3. Select the cooking time by pressing the **10 min** , **1 min** and **10 s** buttons.



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4. Press the **Start** (◊) button.

Result: Cooking starts:

- The display times are 8 seconds for the preset cooking time and 2 seconds for the preset temperature in sequence.
  Ex) 30 minutes of cooking time at 200 °C

(displayed for 8 seconds)

(displayed for 2 seconds)

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

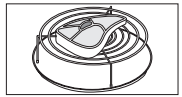
If you would like to know the current temperature of oven cavity, press **Fast Preheat** button.

GRILLING

The grill enables you to heat and brown food quickly, without using microwaves.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and grilling results, if you use the high rack.

1. Open the door and place the food on the rack.

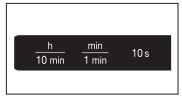


2. Press the **Grill** (⎍) button.

Result: The follwing indications are displayed:
⎍ (grill mode)

- You cannot set the temperature of the grill.

3. Set the grilling time by pressing the **10 min**, **1 min** and **10 s** buttons.



- The maximum grilling time is 60 minutes.

4. Press the **Start** (◊) button.

Result: Grilling starts.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

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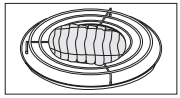
CHOOSING THE ACCESSORIES

Traditional convection cooking does require cookware. You should, however, use only cookware that you would use in your normal oven.



Microwave-safe containers are not usually suitable for convection cooking; don't use plastic containers, dishes, paper cups, towels, etc.

If you wish to select a combined cooking mode (microwave and grill or convection), use only recipients that are microwave-safe and oven-proof.

For further details on suitable cookware and utensils, refer to the Cookware Guide on page 24.

COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.
ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.
You can improve cooking and grilling, if you use the high rack.

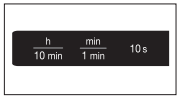
Open the door. Place the food on the rack best suited to the type of food to be cooked. Place the rack on the turntable. Close the door.

1. Press the **Microwave + Grill** button.

   Result: The following indications are displayed:
   (microwave & grill combi mode)
   600 W (output power)

2. Select the appropriate power level by pressing the **Microwave + Grill** button until the corresponding output power is displayed (300-600 W).
   - You cannot set the temperature of the grill.

3. Select the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons.
   - The maximum cooking time is 60 minutes.



4. Press the **Start** button.

   Result:
   - Combination cooking starts.
   - When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.

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COMBINING MICROWAVES AND CONVECTION

Combination cooking uses both microwave energy and convection heating. No preheating is required as the microwave energy is immediately available. Many foods can be cooked in combination mode, particularly:

- Roast meats and poultry
- Pies and cakes
- Egg and cheese dishes

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.
ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.
You can get better cooking and browning, if you use the low rack.

Open the door. Place the food on the turntable or on the low rack which should then be place on the turntable. Close the door.

1. Press the **Microwave + Convection** ( ) button.

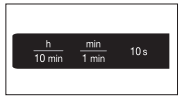
Result: The following indications are displayed:

	(microwave & convection combi mode)
600 W	(output power : switches to the following temperature mode in 2 seconds)
220 °C	(temperature)

2. Select the temperature by pressing the **Microwave + Convection** ( ) button.
(Temperature : 220, 200, 180, 160, 140, 100, 40 °C)

3. Select the cooking time by pressing the **10 min**, **1 min** and **10 s** buttons.

- The maximum cooking time is 60 minutes.



4. Set the appropriate power level by pressing the **Microwave + Convection** ( ) button until the corresponding output power is displayed (600, 450, 300, 180, 100 W).

5. Press the **Start** ( ) button.

Result:

- Combination cooking starts.
- The oven is heated to the required temperature and then microwave cooking continues until the cooking time is over.
- The display times are 8 seconds for the preset cooking time and 2 seconds for the preset temperature in sequence.
  Ex) 30 minutes of cooking time at 200 °C

(displayed for 8 seconds)

(displayed for 2 seconds)

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

If you would like to know the current temperature of oven cavity, press **Fast Preheat** button.

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USING THE DEODORIZE FEATURE

Use this feature after cooking odorous food or when there is a lot of smoke in the oven interior.
First clean the oven interior.

Press the **Deodorize** button after you have finished cleaning. You will hear four beeps.

The deodorization time has been specified as 5 minutes.

You can also adjust **Deodorize** time by pressing the **+30 s** button.

The maximum deodorization time is 15 minutes.

SAFETY-LOCKING YOUR MICROWAVE OVEN

Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be “locked” so that children or anyone unfamiliar with it cannot operate it accidentally.
The oven can be locked at any time.

1. Press the **Grill** and **Microwave + Convection** button at the same time (about three second).

   Result:

   - The oven is locked.
   - The follow indication is display “**L**”.

2. To unlock the oven, press the **Grill** and **Microwave + Convection** buttons again at the same time (about three second).

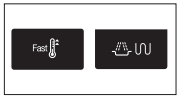
   Result: The oven can be used normally.

SWITCHING THE BEEPER OFF

You can switch the beeper off whenever you want.

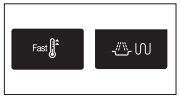
1. Press the **Fast Preheat** and **Microwave + Grill** buttons at the same time (about one second).

   Result: The oven does not beep to indicate the end of a function.



2. To switch the beeper back on, press the **Fast Preheat** and **Microwave + Grill** buttons again at the same time (about one second).

   Result: The oven operates normally.



ENGLISH

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COOKWARE GUIDE

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-safe	Comments
Aluminum foil	✓✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and Kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ **: Recommended**
✓✗ **: Use Caution**
✗ **: Unsafe**

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COOKING GUIDE

MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times
After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Spinach	150 g	600 W	5-6	2-3	Add 15 ml (1 tablespoon) cold water.
Broccoli	300 g	600 W	8-9	2-3	Add 30 ml (2 tbsp.) cold water.
Peas	300 g	600 W	7-8	2-3	Add 15 ml (1 tbsp.) cold water.
Green beans	300 g	600 W	7½-8½	2-3	Add 30 ml (2 tbsp.) cold water.
Mixed vegetables (carrots/peas/ corn)	300 g	600 W	7-8	2-3	Add 15 ml (1 tbsp.) cold water.
Mixed vegetables (chinese style)	300 g	600 W	7½-8½	2-3	Add 15 ml (1 tbsp.) cold water.

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Cooking Guide for rice and pasta

Rice: Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered.
After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta: Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
White rice (Parboiled)	250 g 375 g	900 W	15-16 17½-18½	5	Add 500 ml cold water. Add 750 ml cold water.
Brown rice (Parboiled)	250 g 375 g	900 W	20-21 22-23	5	Add 500 ml cold water. Add 750 ml cold water.
Mixed rice (Rice + wild rice)	250 g	900 W	16-17	5	Add 500 ml cold water.
Mixed corn (Rice + grain)	250 g	900 W	17-18	5	Add 400 ml cold water.
Pasta	250 g	900 W	10-11	5	Add 1000 ml hot water.

Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint: Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All fresh vegetables should be cooked using full microwave power (900 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Broccoli	250 g 500 g	4½-5 7-8	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels sprouts	250 g	6-6½	3	Add 60-75 ml (5-6 tbsp.) water.
Carrots	250 g	4½-5	3	Cut carrots into even sized slices.
Cauliflower	250 g 500 g	5-5½ 7½-8½	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	4-4½	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Egg plants	250 g	3½-4	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250 g	4-4½	3	Cut leeks into thick slices.
Mushrooms	125 g 250 g	1½-2 2½-3	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.

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Food	Portion	Time (min.)	Standing time (min.)	Instructions
Onions	250 g	5-5½	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water.
Pepper	250 g	4½-5	3	Cut pepper into small slices.
Potatoes	250 g 500 g	4-5 7-8	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip cabbage	250 g	5½-6	3	Cut turnip cabbage into small cubes.

REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.
Use the power levels and reheating times in the following chart as a guide.
The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering

Avoid reheating large items such as joint of meat - they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 900 W power while others should be reheated using 600 W, 450 W or even 300 W.
Check the tables for guidance.
In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).
Stir well or turn food over during reheating for best results. When possible, stir again before serving.
Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time.
We recommend putting a plastic spoon or glass stick into the liquids.
Avoid overheating (and therefore spoiling) the food. It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken - for future reference.
Always make sure that the reheated food is piping hot throughout.
Allow food to stand for a short time after reheating - to let the temperature even out.
The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.
Take particular care when heating liquids and baby food. See also the chapter with the safety precautions

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REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

REHEATING BABY FOOD

BABY FOOD:
Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.
BABY MILK:
Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.

REMARK:

Baby food particularly needs to be checked carefully before serving to prevent burns.
Use the power levels and times in the next table as a guide lines for reheating.

Reheating Baby Food and Milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time	Standing time (min.)	Instructions
Baby food (vegetables + meat)	190 g	600 W	30 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby porridge (grain + milk + fruit)	190 g	600 W	20 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby milk	100 ml 200 ml	300 W	30-40 sec. 1 min. to 1 min. 10 sec.	2-3	Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turntable. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.

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Reheating Liquids and Food

Use the power levels and times in this table as a guide lines for reheating.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Drinks (coffee, tea and water)	150 ml (1 cup) 250 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	900 W	1-1½ 2-2½ 3-3½ 3½-4	1-2	Pour into cups and reheat uncovered: 1 cup in the centre, 2 cups opposite of each other, 3 cups in a circle. Keep in microwave oven during standing time and stir well.
Soup (chilled)	250 g 350 g 450 g 550 g	900 W	2½-3 3-3½ 3½-4 4½-5	2-3	Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving.
Stew (chilled)	350 g	600 W	4½-5½	2-3	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Pasta with sauce (chilled)	350 g	600 W	3½-4½	3	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.
Filled pasta with sauce (chilled)	350 g	600 W	4-5	3	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Plated meal (chilled)	350 g 450 g 550 g	600 W	4½-5½ 5½-6½ 6½-7½	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.
Cheese fondue ready-to-serve (chilled)	400 g	600 W	6-7	1-2	Put the ready-to-serve cheese fondue in a suitable sized glass pyrex bowl with lid. Stir occasionally during and after reheating. Stir well before serving.

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DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible.Check the food occasionally to make sure that it does not feel warm.
If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint: Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

All frozen food should be defrosted using defrosting power level (180 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Meat				
Minced beef	250 g 500 g	6-7 10-12	15-30	Place the meat on a flat ceramic plate. Shield thinner edges with aluminium foil. Turn over after half of defrosting time!
Pork steaks	250 g	7-8		
Poultry				
Chicken pieces	500 g (2 pcs)	14-15	15-60	First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time!
Whole chicken	1200 g	32-34		
Fish				
Fish fillets	200 g	6-7	10-25	Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends of fillets and tail of whole fish with aluminium foil. Turn over after half of defrosting time!
Whole fish	400 g	11-13		
Fruits				
Berries	300 g	6-7	5-10	Spread fruit on a flat, round glass dish (with a large diameter).
Bread				
Bread rolls (each ca. 50 g)	2 pcs 4 pcs	1-1½ 2½-3	5-20	Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time!
Toast / Sandwich	250 g	4-4½		
German bread (wheat + rye flour)	500 g	7-9		

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GRILL

The grill-heating element is located underneath the ceiling of the cavity. They operate while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 4 minutes will make the food brown more quickly.

Cookware for grilling:
Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:
Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:
Whenever the grill only mode is used, please remember that food must be placed on the high rack, unless another instruction is recommended.

MICROWAVE + GRILL

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly.Three combination modes are available with this model: 600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill
Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwave + grill cooking:
Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:
Whenever the combination mode (microwave + grill) is used, the food should be placed on the high rack, unless another instruction is recommended. Please refer to the instructions in the following chart. The food must be turned over, if it is to be browned on both sides.

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Grill Guide for Fresh Food

Preheat the grill with the grill-function for 2-3 minutes.
Use the power levels and times in this table as guide lines for grilling.
Use oven gloves when taking out.

Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
Toast slices	4 pcs (each 25 g)	Grill only	2-3	1-2	Put toast slices side by side on the high rack.
Grilled tomatoes	400 g (2 pcs)	300 W + Grill	5-6	-	Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the high rack. Stand for 2-3 minutes.
Tomato-cheese toast	4 pcs (300 g)	300 W + Grill	4-5	-	Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.
Toast hawaii (ham, pineapple, cheese slices)	4 pcs (500 g)	300 W + Grill	5-6	-	Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.
Baked potatoes	500 g	600 W + Grill	7-8	-	Cut potatoes into halves. Put them in a circle on the high rack with the cut side to the grill.
Gratin potatoes / Vegetables (chilled)	450 g	450 W + Grill	9-11	-	Put the fresh gratin into a small glass pyrex dish. Put the dish on the high rack. After cooking stand for 2-3 minutes.
Baked apples	2 apples (ca.400 g)	300 W + Grill	7-8	-	Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the low rack.
Chicken pieces	500 g (2 pcs)	300 W + Grilll	8-10	6-8	Brush chicken pieces with oil and spices. Put them in a circle on the high rack. After grilling stand for 2-3 minutes.
Beef steaks (medium)	400 g (2 pcs)	Grill only	10-14	8-12	Brush the beef steaks with oil. Lay them in a circle on the high rack. After grilling stand for 2-3 minutes.
Roast fish	400-500 g	300 W + Grilll	5-7	5½-6½	Brush skin of whole fish with oil and add herbs and spices. Put two fishes side by side (head to tail) on the high rack. After grilling stand for 2-3 minutes.

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CONVECTION

Cooking with convection is the traditional and well known method of cooking food in a traditional oven with hot air.
The heating element and the fan position is at the back-wall, so that the hot air is circulating.

Cookware for convection cooking:
All conventional ovenproof cookware, baking tins and sheets - anything you would normally use in a traditional convection oven - can be used.

Food suitable for convection cooking:
All biscuits, individual scones, rolls and cakes should be made by this mode as well as rich fruit cakes, choux pastry and soufflés.

MICROWAVES +CONVECTION

This mode combines the microwave energy with the hot air and is therefore reducing the cooking time while giving the food a brown and crispy surface. Cooking with convection is the traditional and well known method of cooking food in an oven with hot air circulated by a fan on the back-wall.

Cookware for cooking with microwaves + convection:
Should be able to let the microwaves pass through. Should be ovenproof (like glass, pottery or china without metal trims); similar to the cookware described under MW + Grill.

Food suitable for microwave + convection cooking:
All kinds of meats and poultry as well as casseroles and gratin dishes, sponge cakes and light fruit cakes, pies and crumbles, roast vegetables, scones and breads.

Convection Guide for fresh and frozen food

Preheat the convection with the auto pre-heat function to the desired temperature.Use the power levels and times in this table as guide lines for convection cooking.
Use oven gloves when taking out.

Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
PIZZA Frozen pizza (ready baked)	300-400 g	450 W + 220 °C	13-15	-	Place the pizza on the low rack. After baking stand for 2-3 minutes.
PASTA Frozen lasagne	400 g	450 W + 220 °C	22-25	-	Put into a suitable sized glass pyrex dish or leave in the original packaging (take care that this is suitable for microwaves and oven heat). Put frozen pasta gratin on the low rack. After cooking stand for 2-3 minutes.
MEAT Roast beef/ roast lamb (medium)	1200-1300 g	600 W + 180 °C	20-23	10-13	Brush beef/ lamb with oil and spice it with pepper, salt and paprika. Put it on the low rack, first with the fat side down. After cooking wrap in aluminium foil and stand for 10-15 minutes.

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Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
Roast chicken	1000-1100 g	450 W + 220 °C	17-22	13-17	Brush chicken with oil and spices. Put chicken first breast side down, second side breast side up on the low rack. Stand for 5 minutes.
BREAD fresh bread rolls	6 pcs (350 g)	100 W + 180 °C	8-10	-	Put bread rolls in a circle on the low rack. Stand 2-3 minutes.
Garlic bread (chilled, prebaked)	200 g (1 pc)	180 W + 220 °C	8-10	-	Put the chilled baguette on baking paper on the low rack.After baking stand for 2-3 minutes.
CAKE apple cake (fresh dough)	500 g	Only 180 °C	38-43	-	Put the fresh dough in a small rectangular black metal baking dish (length 25 cm). Put the cake on the low rack. After baking stand for 5-10 minutes.
Mini muffins (fresh dough)	12 x 30 g (350-400 g)	Only 220 °C	17-23	-	Fill the fresh dough evenly in paper muffin dishes. Put the dishes on the low rack. After baking stand for 5 minutes.
Cookies (fresh dough)	200-250 g	Only 200 °C	15-20	-	Put the chilled croissants on baking paper on the low rack.
Frozen cake	1000 g	180 W + 180 °C	18-20	-	Put the frozen cake directly on the low rack. After defrost and warming stand for 15-20 minutes.

SPECIAL HINTS

MELTING BUTTER
Put 50 g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 900 W, until butter is melted.

MELTING CHOCOLATE
Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY
Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W, until honey is melted.

MELTING GELATINE
Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W.
Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)
Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water.
Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 900 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 900 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

COOKING PUDDING
Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 900 W.
Stir several times well during cooking.

BROWNING ALMOND SLICES
Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 600 W.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

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CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings

ALWAYS ensure that the door seals are clean and the door closes properly.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces or on the roller ring with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice on the turntable and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

DO NOT spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:

- Accumulate
- Prevent the door from closing correctly

Clean the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

The instructions for cooking ranges, hobs and ovens shall state that a steam cleaner is not to be used.

STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.
The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should can repair this oven.

NEVER remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:

- Unplug it from the wall socket
- Contact the nearest after-sales service centre

If you wish to store your oven away temporarily, choose a dry, dust-free place.

Reason: Dust and damp may adversely affect the working parts in the oven.

This microwave oven is not intended for commercial use.

INSTALLATION & WIRING INSTRUCTIONS

IMPORTANT NOTE :
The mains lead on this equipment is supplied with a moulded plug incorporating a fuse.
The value of the fuse is indicated on the pin face of the plug and, if it requires replacing, a fuse approved to BS1363 of the same rating must be used.
Never use the plug with the fuse cover omitted if the cover is detachable. If a replacement fuse cover is required, it must be of the same colour as the pin face of the plug.
Replacement covers are available from your Dealer. If the fitted plug is not suitable for the power points in your house or the cable is not long enough to reach a power point, you should obtain a suitable safety approved extension lead or consult your Dealer for assistance. However, if there is no alternative to cutting off the plug, remove the fuse and then safely dispose of the plug. Do not connect the plug to a mains socket, as there is a risk of shock hazard from the bared flexible cord.

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WIRING INSTRUCTIONS

WARNING THIS APPLIANCE MUST BE EARTHED.

This appliance must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock providing an escape wire for the electric current. The appliance is equipped with a mains lead which includes an earth wire for connecting to the earth terminal of your mains plug. The plug must be plugged into a socket that is properly installed and earthed.

The wires in this mains lead are coloured in accordance with the following code:

- Green and yellow : Earth
- Blue : Neutral
- Brown : Live

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings indentifying the terminals in your plug, proceed as follows.

Connect the green and yellow wire to the terminal in the plug marked with the letter E or the earth symbol (⏚) or coloured green or green-and-yellow.

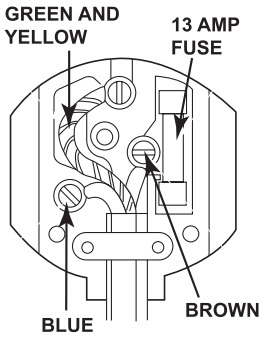
Connect the blue wire to the terminal marked with the letter N or coloured black.

Consult a qualified electrician or service technician if in doubt about any of these instructions.

The manufacturer of this oven will not accept any liability for damage to persons or material for non observance of these requirements.

There are no user-serviceable parts inside the oven and if the mains lead of this appliance is damaged, it must only be replaced by qualified service personnel approved by the manufacturer because special tools are required.

WARNING **WARNING :** Ensure that the plug and power cord are not damaged before use. If you have any reason to remove the moulded plug from this appliance, immediately remove the fuse and dispose of the plug.
Do not connect the plug to a mains socket under any circumstances as there is a danger of electric shock.



WARNING **CIRCUITS :** Your microwave oven should be operated on a separate circuit from other appliances. Failure to do this may cause the circuit breaker to trip, the fuse to blow, or the food to cook more slowly.

COOKING INSTRUCTIONS ON FOOD PACKAGING

Microwave Symbols

On the front of your oven there is a microwave oven symbol, as shown below.
This symbol has been introduced for your benefit when cooking or reheating packaged food.

Packaged food is also, increasingly, using a microwave symbol similar to the one below. When you see this

Symbol on food packaging, the cooking instructions are based on either the IEC Power Output Rating, or the Reheating Categories A, B, C, D or E.

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COOKING INSTRUCTIONS

The IEC Power Output rating is an internationally standardised rating, so all microwave manufacturers now use the same method of measuring power output.
If food packaging gives cooking instructions based on IEC Power ratings, set cooking times according to the IEC Power of your oven.

For example :
If the cooking instructions are based on a 650 W oven, then you will need to reduce some cooking time for the CE103V (900 W)
Ready meals are now very convenient and popular. These are meals which are already prepared and cooked by the food manufacturer, and then frozen, chilled or vacuum sealed for long life.
Increasingly, heating times for such ready meals are being based on the Heating Categories A, B, C, D and E.
On this instance, simply match the heating category of your oven to the instructions on the food package, and set your timer accordingly.

For example :
If the heating instructions are 3 minutes on HIGH for a D category oven, then you will need to set your timer for less than 3 minutes on HIGH for the CE103V (E category).

Always remember that cooking instructions are intended only as a guide. If you have followed the instructions and the food is still not piping hot throughout, simply return it to the oven and cook it until it is.

TECHNICAL SPECIFICATIONS

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Power source	230 V ~ 50 Hz
Power consumption	
Maximum power	2700 W
Microwave	1400 W
Grill (heating element)	1250 W
Convection (heating element)	Max. 1850 W
Output power	100 W / 900 W - (IEC-705) • 240 V : 900 W • 230 V : 850 W
Operating frequency	2450 MHz
Dimensions (W x D x H)	
Outside	517 x 460 x 310 mm
Oven cavity	358 x 327 x 231.5 mm
Volume	1.0 Cubic feet
Weight	
Net	18.0 kg approx

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